

Requested Donation is \$2.00 per meal

SAUGUS SENIOR CENTER

LUNCH PROGRAM

FEBRUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheese lasagna/tomato sauce Spinach WW bread Pudding CHICKEN SALAD	3 Roast pork loin/gravy Whipped potatoes Caesar salad Italian bread Fruit ROAST BEEF	4 New Orleans Cajun chicken Candied yams Broccoli Wheat bread Brownie HAM & CHEESE	5 WG baked pasta/mozzarella Garden salad/dressing Italian bread Fruit TUNA SALAD	6 Beef stew Beets WW bread Fresh fruit EGG SALAD
9 Roast turkey Florentine Sour cream dill potatoes WW bread Pudding HAM & CHEESE	10 Chicken cacciatore Pasta Spinach salad/dressing Italian bread Fruit CHICKEN SALAD	11 Latin style pork/gravy Mashed sweet potatoes Capri blend veg. Muffin Fruit TURKEY & CHEESE	12 Beef bourguignon Whipped potatoes Broccoli WW bread Dessert EGG SALAD	13 <u>VALENTINE'S DAY</u> <u>LUNCHEON/DANCE</u> 2 Slices Pizza Salad Fruit Punch Special Dessert \$6.00
16 HOLIDAY NO MEAL SERVICE	17 Macaroni and cheese Garden salad/dressing WW bread Fruit EGG SALAD	18 American chop suey Broccoli Snack loaf Fruit HAM & CHEESE	19 Caribbean style beef Spinach salad/dressing WW bread Cookie TUNA SALAD	20 Rosemary chicken Red potatoes Green peas Rye bread Fruit WG CHEESE PIZZA
23 Crispy baked fish Seasoned potato wedges Italian blend veg. WW bread Pudding HAM & CHEESE	24 Shepherd's pie Caesar salad/dressing WW roll Fruit CHICKEN SALAD	25 Roast turkey/gravy Veg. rice pilaf California blend veg. WW bread Cake TURKEY & CHEESE	26 <u>SPECIAL</u> <u>LUNCH/ENTERTAINMENT</u> <u>COOKED BY</u> <u>CHEF JOHN CANNON</u> Meatloaf/gravy Mashed Potatoes Green Beans Special Dessert \$4.00	27 BBQ pulled pork Rice and beans Spinach WW bread Fruit EGG SALAD

ALL MEALS SERVED W/ BREAD AND 1% MILK